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HOUSEKEEPERS' CHAT

Friday, January 8, 1932.

(NOT FOR PUBLICATION)

Subject: "Breakfast for Sunday Morning." Information from the Bureau of Home Economics, U.S.D.A.

Bulletin available: "Eggs at Any Meal," "Pork on the Farm."

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When the phone rang early this morning, Uncle Ebenezer said, "I'll just wager that's some young lady wanting a menu."

Sure enough. It was my friend the little bride.

"The in-laws are staying over Sunday, Aunt Sammy," said she. "And I can't think of anything to have for Sunday morning breakfast."

"We'll see what the Menu Specialist has to suggest," I promised.

"I knew it," said Uncle Ebenezer. "I just knew it. Whenever this phone rings, whenever the mailman comes, whenever a caller raps at the door, I always suspect a request for a menu."

"Or recipes," said Cousin Susan.

"Or bulletins, especially bulletins," added Uncle Silas.

You see how it goes in a household like mine. The aunt in the family can't ever hope to keep any of her business private. Uncle Ebenezer always wants to know how many housekeepers asked for cookbooks today. And Cousin Susan can't wait to hear which recipes were most popular this week. And Uncle Silas beams from ear to ear when nice complimentary letters come in. He actually begs to read them aloud to the family. And sometimes they are very kind and flattering that I find myself blushing-- even at my age.

Well, about that breakfast menu. Sunday morning breakfast, in my opinion, can be the most cheerful meal of the week. A delightful easy, informal and leisurely meal. There's time to put on a frill here and there, as one can't do on the other six work-a-day mornings of the week. There's time to make the table gay and attractive with the best china, a bright breakfast cloth and a pretty centerpiece. And there's time to fix something a bit special to eat.



People who like to sleep late on Sunday mornings make this quite a hearty meal served about noontime. Then it's a combination meal of breakfast and lunch in one, often called "brunch." Other people who rise betimes for church and a Sunday morning walk, usually prefer a medium hearty breakfast and a noon dinner.

Our menu for Sunday breakfast will suit either case. If you use it for "brunch", just eat servings a bit larger than you would at breakfast. Grape-fruit juice; Calves' brains with scrambled eggs; Toasted English muffins; Orange marmalade; and Coffee.

That menu sounds like old England to me. Toasted English muffins and orange marmalade. (The English like the very bitter marmalade, you know.) Even calves' brains and scrambled eggs seem English. I can hear a Britisher saying, "A topping breakfast, old fellow, and jolly well perfect if tea was served instead of coffee." I've always had a desire to give you a real old-fashioned English meal, just so I could include treacle and saltines and other English foods with quaint names.

Did you notice how well this menu would adapt itself to a breakfast with a color scheme? Yellow predominates all the way through. Served on yellow dishes, or with yellow linen on the table, or with some yellow posies for a centerpiece, and sunshine coming in the window--but there. I'll stop before I become really sentimental over this breakfast.

Shall I tell you how to fix scrambled eggs and calves brains?

Ingredients first. You'll need

2 pair of calf's brains

4 eggs

1/2 cup of top milk or cream

1/2 teaspoon of salt

1/8 teaspoon of pepper, and

2 tablespoons of butter or other fat

I'll go over that list once again. (Repeat).

First fix the brains. Soak them in cold water for half an hour. Then remove the thick membrane that covers them, and see that they are perfectly white and bloodless. Now put them in enough boiling water to cover them, and simmer for about 15 minutes. Then plunge them in cold water. When cool, drain and cut them into small pieces.

Now the eggs. Beat them slightly with the top milk or cream. Add the cooked, dice brains. Season with salt and pepper. Pour the mixture into a pan containing the two tablespoons of melted fat. Cook slowly over the heat or over hot water, stirring constantly until the eggs thicken. Then serve at once on a hot platter with a dash or red paprika and some bits of green parsley for decoration.

English muffins are quite different from ordinary muffins. In the first place, they are made with a yeast dough and allowed to rise like bread. In the second place, they are baked, not in the oven, but on a griddle on top of the stove. After the muffins are cold, they are split in tow, buttered, toasted and served hot. Marmalade or preserves are just the thing to go with them.



Speaking of preservies, I've had a request for one that can be made in winter. Citrus fruit marshalades and preserves can always be made at this season of the year. So can dried fruit combinations. Apricot and pineapple jam is a favorite for winter. All materials needed can be purchased during the winter months, it is inexpensive and the actual cooking can be done in about half an hour.

You'll need 1 pound of dried apricots  
2 Number 2 cans of sliced pineapple,  
3 and 2/3 cups, or 1 and 1/2 pounds of sugar, and  
1/2 teaspoon of salt.

Just four ingredients, the pound of dried apricots, the 2 cans of No. 2 sliced pineapple, 1 and 1/2 pounds of sugar, and 1/2 teaspoon of salt. First, of course, you'll wash those apricots carefully and be sure not to leave any dirt or dust in the creases. Then soak them overnight in the juice drained from the canned pineapple. In the morning chop the apricots. Combine the fruit and all the juice with the sugar and salt. Then heat the mixture slowly and cook for about 25 minutes stirring frequently. Pour the mixture into hot sterilized jars, seal and store in a cool place.

By the way, that last sentence is most important. Only yesterday I had a postcard from a listener up in Worcester, Massachusetts, telling me that a fuzzy mold has appeared on all her preserves and jellies, the ones she made only last summer. The cause of this mold may be one of several things. First, it may be that the containers were not properly sterilized and so that the organisms causing spoilage were left on the glasses. Or, during the time the jelly was waiting to cool and jell, it was not properly covered and the organisms settled on the top at that time. Perhaps the jelly or preserves were not properly sealed. Or they may not have been properly made in the beginning or scalding hot when poured into the containers. Still another cause may be the storage conditions under which these canned products have been kept, a cool light place is best for keeping canned goods. Darkness, darkness and warmth are the conditions under which mold grows most favorably.

This lady wants to know whether the spoilage on top of the preserves is harmful. It's not harmful to health, but it may be to the flavor of the product. If the layer of mold is caught in time, it can be removed and the product cooked again. There it does no harm. But if the spoilage goes deep enough, the flavor is entirely spoiled.

There was no name and no address attached to this request.

Please when you ask me questions, sign your name and address. Your name will never be used over the air, but you will get an answer to your special problems from the Bureau of Home Economics,

Monday: "Cutting Down Food Costs."

